

Appl. No. 10/827,561
Amendment Dated May 30, 2006
Reply to Office Action of January 27, 2006

AMENDMENTS TO THE CLAIMS:

This listing of the claims will replace all prior versions, and listings of claims in the application:

Listing of Claims:

1. (cancelled)
2. (cancelled)
3. (cancelled)
4. (cancelled)
5. (canceled)
6. (canceled)
7. (canceled)
8. (currently amended) An exercise device comprising:
 - (a) an center bar having opposite ends;
 - (b) a pair of end bars rotatably secured to said opposite ends of said center bar;
 - (c) each end bar having a grip member removably securable thereto in coaxial alignment therewith; each of said grip members having an axial bore formed therein and extending along a central axis of said grip member to receive a respective one of said end bars when said grip member is secured to a respective grip member, and a cross bore formed in said grip member and extending generally transverse to said axial bore and receiving a outer portion of said center bar when said grip member is secured to said end bar a diameter sufficient to conform to a substantially open-handed grip.

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9. (original) The exercise device as in Claim 8 wherein said end bars are removably securable to said center bar.
10. (original) The exercise device as in Claim 8 wherein said end bars extend approximately perpendicular to said center bar.
11. (original) The exercise device as in Claim 8 wherein each of said end bars includes a fastening mechanism thereon to enable releasable connection of a weight member thereto.
12. (original) The exercise device as set forth in Claim 8 wherein:
 - (a) each of said grip members has a diameter in a range of approximately four to six inches.
13. (original) The exercise device as in Claim 8 wherein further including:
 - (a) a resilient grip member removably securable coaxially around said center bar.
14. (original) The exercise device as in Claim 8 wherein:
 - (a) said center bar is adjustable in length to enable selective variation in spacing between said end bars.

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15. (canceled)
16. (canceled)
17. (canceled)
18. (canceled)
19. (canceled)
20. (canceled)
21. (canceled)
22. (canceled)
23. (new) An exercise device comprising:
 - a) a cross bar;
 - b) a pair of dumbbells, each having a center section connected to one of said opposite ends of said center bar, wherein said opposite ends of said center bar generally do not extend beyond a distal surface of said center section of a respective one of said dumbbells connected thereto; and
 - c) a resilient grip member extending at least partially around said center section of each of said dumbbells and presenting one of a pair of opposed gripping surfaces for gripping by a user during exercise.
24. (new) The exercise device as in Claim 23 wherein:
 - a) at least one of said dumbbells is removably securable to said cross bar.

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25. (new) The exercise device as in Claim 23 wherein:
- a) at least one of said dumbbells is rotatably secured to said cross bar.
26. (new) The exercise device as in Claim 23 wherein:
- a) said dumbbells are removably securable to said cross bar and said resilient grip members are removably securable to said dumbbells.
27. (new) The exercise device as in Claim 23 in combination with a plastic carrying case for storing said exercise device and having opposed generally planar surfaces sized to function as a step for performing step type exercises.
28. (new) An exercise device comprising:
- a) a cross bar;
 - b) a pair of dumbbells, each having a center section connected to one of said opposite ends of said center bar; and
 - c) a resilient grip member extending at least partially around said center section of each of said dumbbells and in covering relationship to a respective one of said opposite ends of said center bar, each of said resilient grip members presenting one of a pair of opposed gripping surfaces for gripping by a user during exercise and wherein said opposite ends of said center bar do not extend beyond said gripping surfaces.

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29. (new) The exercise device as in Claim 23 in combination with a plastic carrying case for storing said exercise device and having opposed generally planar surfaces sized to function as a step for performing step type exercises.